

(A) FEATURES

PM200 is a multi-function watch designed to have Chronograph, Count Down Timer, Alarm and Heart Rate Monitor. The main features are listed as follow:



- 6 modes operation: Normal Time, Heart Rate Monitor, Chronograph, Timer, Alarm and Safety Range Set.
- Normal Time presents Hour, Minute, Second, Weekday, Month and Date.
- 12/24 Hr display format.
- Heart rate monitor with "Safety Range" and "Warning Sound".
- 1/100 second Chronograph with split function up to 100 hours.
- 20 seconds daily alarm.
- Hourly chime signal.
- 1 second resolution Count Down Timer with working range from 1 minute to 19 hours 59 minutes. User option for Count Down Stop, Count Down Repeat and Count Down Up function.
- 3 seconds light up EL back light.

(B) EL BACK LIGHT

Press button S1 for EL back light with 3 seconds auto light up.

(C) BASIC OPERATION OF BUTTONS



S1: - EL BACK LIGHT

- START/STOP OF CHRONOGRAPH
- TIMER START/STOP
- ADVANCE SETTING DIGITS (SET)

S2: - SPLIT/RESET OF CHRONOGRAPH

- RELOAD PRESET TIMER TIME (TIMER STOPPED)
- SELECT TIMER FUNCTION (TIMER RELOADED/RESET)
- ALARM AND CHIME ARM /DISARM
- TOGGLE "AGE" & "SAFETY RANGE" DISPLAY

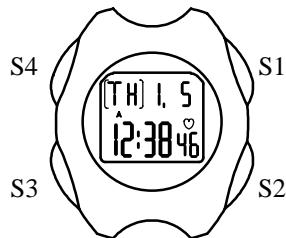
S3: - MODE CHANGE

- SELECT SETTING DIGITS (SET)

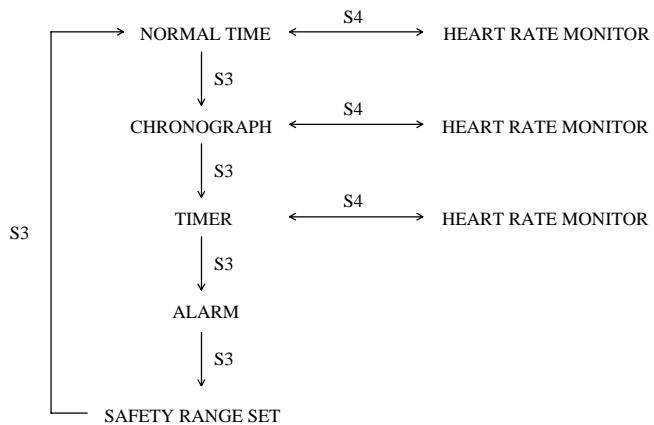
S4: - SET (PRESS & HOLD)

- ENTER/EXIT HEART RATE MONITOR MODE
- EXIT SET (SET)

(D) MODE CHANGE OPERATION



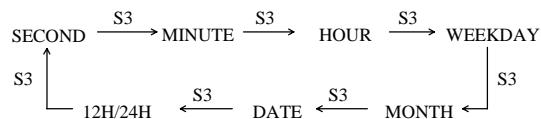
Press button S3 for mode change operation. The sequence is shown as follow:



(E) HOW TO SET NORMAL TIME



- Press button S3 to show Normal Time mode, weekday displayed in the bracket.
- Press & hold button S4 for 3-4 seconds to enter setting mode. The second digits start flashing.
- With each press of button S1, the selected digits, weekday or 12H/24H to be adjusted (flashing) can be made. Press & hold button S1 for fast setting.
- With each press of button S3, next digits, weekday or 12H/24H for setting can be selected. The sequence is shown as follow:



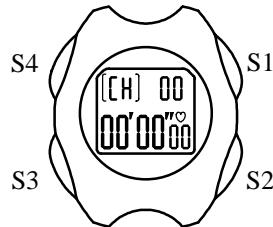
- After all adjustments are completed, press button S4 to exit the setting mode.

Remark:

1. When the seconds digits count between 30 to 59 and the button S1 is pressed while in setting mode, the seconds are reset to 00 and one minute is added.

2. If 24 Hr display format is selected, there is no AM flag "A" or PM flag "P".
3. If there is no button operation for 2-3 minutes in setting mode, the watch will return back to Normal Time mode automatically.
4. Press button S4 to enter or exit Heart Rate Monitor mode.

(F) HOW TO USE CHRONOGRAPH

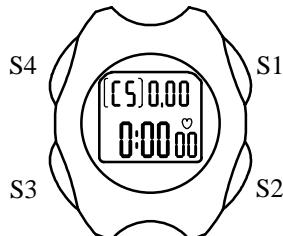


- Press button S3 to show Chronograph mode, "CH" displayed in the bracket.
- Press button S1 to start the chronograph, "RUN" will be displayed.
- Press button S2 to take split times ("SPL" displayed), the display will freeze at total accumulated time for about 10 seconds, then the display will return to the current running time automatically. Press button S3 for fast escape.
- Press button S1 to stop the chronograph. Then press button S1 to start the chronograph again or press button S2 to reset the chronograph to 00'00"00.

Remark:

1. The chronograph is with 1/100 second resolution up to 100 hours.
2. Press button S4 to enter or exit Heart Rate Monitor mode.

(G) HOW TO USE THE COUNT DOWN TIMERS



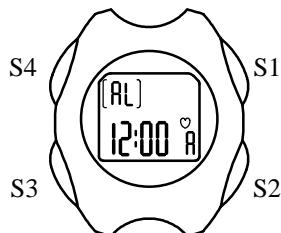
- Press button S3 to show Timer mode, "CS", "Cr" or "CU" displayed in the bracket.
- Press button S2 to select Count Down Stop "CS", Count Down Repeat "Cr" or Count Down Up "CU" function.
- Press & hold button S4 for 3-4 seconds to enter setting mode. The minute digit start flashing.
- With each press of button S1, the selected digits to be adjusted (flashing) can be made. Press & hold button S1 for fast setting.
- Press button S3 to select minute or hour digit for setting.
- After all adjustments are completed, press button S4 to exit the setting mode.
- Press button S1 to start the timer.

Remark:

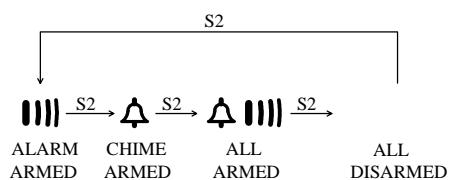
1. The count down timer is with 1 second resolution and with working range from 1 minute to 19 hours 59 minutes.
2. The watch will give out 5 "BEEP" at 5 minutes, 3 "BEEP" at 3 minutes and 1 "BEEP" at 1 minute, 5 sec., 4 sec., 3 sec., 2 sec. and 1 sec. before the timer count down to zero. And the watch will beep for 1-2 seconds when the timer count down to zero.

3. If there is no button operation for 2-3 minutes in setting mode, the watch will return back to Timer mode automatically.
4. Button S1 is for starting or stopping the timer.
5. Button S2 is for reloading preset timer time when timer is stopped, or selecting timer function when the timer is reloaded or reset.
6. “REP” is displayed if Count Down Repeat function is selected.
7. Press button S4 to enter or exit Heart Rate Monitor mode.

(H) HOW TO USE THE ALARM



- Press button S3 to show Alarm mode, “AL” displayed in the bracket.
- Press & hold button S4 for 3-4 seconds to enter setting mode. The minute digits start flashing.
- With each press of button S1, the selected digits to be adjusted (flashing) can be made. Press & hold button S1 for fast setting.
- Press button S3 to select minute or hour digit for setting.
- After all adjustments are completed, press button S4 to exit the setting mode.
- Press button S2 to arm or disarm the alarm and chime function in the sequence shown as follow:



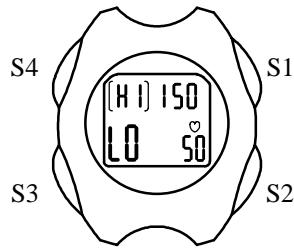
Remark:

1. The alarm sounds daily for 20 seconds at alarm time if the alarm function is armed. Press any button to stop the alarm sound.
2. The watch gives out a “BEEP” sound at every full hour if the chime function is armed.
3. The alarm function is automatically armed when enter setting mode.
4. If there is no button operation for 2-3 minutes in setting mode, the watch will return back to Alarm mode automatically.
5. If 24 Hr format is selected, there is no AM “A” or PM “P” flag.

(I) HOW TO USE THE HEART RATE MONITOR

To use the heart rate measuring function, follow these steps:

(1) Set safety range of the heart rate monitor



- Press button S3 to show Safety Range Set mode, "HI" displayed in the bracket.
- Press & hold button S4 for 3-4 seconds to enter setting mode. The lower limit "LO" digit start flashing.
- With each press of button S1, the selected digits, warning sound on/off to be adjusted (flashing) can be made. Press & hold button S1 for fast setting.
- With each press of button S3, next digits or warning sound on/off for setting can be selected. The sequence is Lower Limit "LO", Upper Limit "HI", Sound "Sd" on/off, Age and Level "LL".
- After all adjustments are completed, press button S4 to exit setting mode.

Remark:

1. Lower limit of safety range can be set from 30 to 239 (b.p.m.).
2. Upper limit of safety range can be set from 40 to 249 (b.p.m.).
3. The minimum interval between upper limit and lower limit of the safety range is 10 units. If the interval is less than 10 units, then the adjustments will be changed automatically.
4. If warning sound is turned on, the watch will beep when heart rate is beyond the limits.
5. Age can be set from 1 to 99.
6. If "level -" is selected, user can set his own safety range and equated safety range is provided for "level 1" to "level 4".
7. If there is no button operation for 2-3 minutes in setting mode, the watch will return back to Safety Range Set mode automatically.
8. Press button S2 to toggle between the displays of "Age" and "Safety Range".
9. By entering setting mode in "Age" display, the setting sequence will be Sound "Sd" on/off, Age, Level "LL", Lower Limit "LO" and Upper Limit "HI".

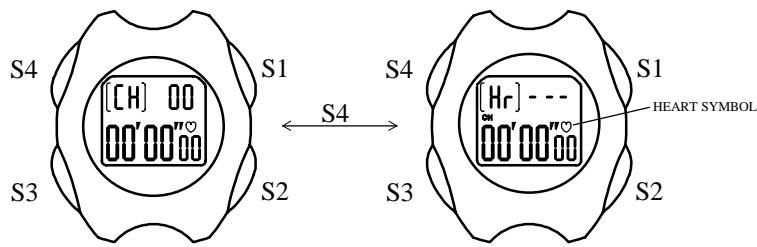
(2) Equipping the transmitter

- Wet the grooved electrode areas of the transmitter with water.
- Attach the transmitter to the elastic strap provided.
- Secure the transmitter on your chest, below the chest muscle, with the grooved electrode areas against your skin. Check that the logo is in a central upright position.

Remark:

1. Transmitter electrodes should be moisten to ensure flawless heart rate measurement.
2. It is recommended that you wear the transmitter against your bare skin to ensure flawless operation.

(3) Activating the heart rate measuring function of the watch



- In Normal Time, Chronograph or Timer mode press button S4 to enter Heart Rate Monitor mode, "Hr" displayed in the bracket.
- The watch will then respond to the signal emitted by the transmitter and display the current heart rate (b.p.m.) in the upper row of the display, next to the bracket.

Remark:

1. The heart symbol flashes when signal is received.
2. The transmission range between the watch and the transmitter is 3 feet/1 meter.
3. Entering the Heart Rate Monitor mode in Normal Time mode will enable you to use heart rate measurement together with normal timing. Heart rate is displayed in the upper row and normal time is displayed in the lower row.
4. Entering the Heart Rate Monitor mode in Chronograph mode will enable you to use heart rate measurement together with the chronograph. Heart rate is displayed in the upper row and chronograph is displayed in the lower row.
5. Entering the Heart Rate Monitor mode in Timer mode will enable you to use heart rate measurement together with the count down timers. Heart rate is displayed in the upper row and count down time is displayed in the lower row.
6. An arrow pointing up or down will be displayed next to the heart rate reading to indicate that the current heart rate is above the upper limit or below the lower limit of the safety range respectively. And warning sound will also be given if "Sd" is in "on" state.
7. To exit Heart Rate Monitor mode, press button S4 or if no signal is received for 2-3 minutes, the watch will exit automatically.

(J) HOW TO RESET THE WATCH

In any mode, press & hold all buttons at the same time for 2-3 seconds, the display will be turned off, release the buttons and the display will be turned on again, with the watch reset to AM 12:00 00 Sun 1st Jan.

Remark:

The daily alarm and hourly chime is reset to "off" state.

(K) BATTERY REPLACEMENT

1. Watch- Replace the exhausted battery with CR2032 or equivalent.
2. Transmitter- Replace the exhausted battery with CR2032 or equivalent.

